

FOOD & FAMILY

COOK OF THE WEEK

One of the tastiest and easiest cake recipes to come along in quite some time is Fruit Cocktail Cake. Submitting the winning entry was Mrs. Luella Craig of 23812 Park St., who receives \$5 as COOK OF THE WEEK.

FRUIT COCKTAIL CAKE
 2 eggs
 2 cups sifted flour
 1½ cups sugar
 2 tsp. soda
 ¼ tsp. salt
 ½ cup brown sugar
 ½ cup walnuts

Beat eggs and add next five ingredients. Pour in ungreased pan 8x13x2. Mix sugar and walnuts and pour over batter. Do not stir in. Bake in oven at 350° for 40-45 minutes.

FROSTING
 2 ¾ cups powdered sugar
 1 small can milk
 1 cube butter, melted
 Boil 5 minutes. Remove and add 1 tsp. vanilla and ½ cup coconut. Pour over hot cake and let cool or serve warm.

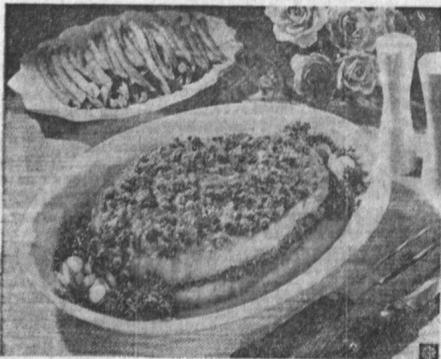
Recreation Sponsors Women's Volleyball

Thirty Torrance ladies, most of them housewives, ranging from 20 to 40 years of age, meet Monday nights at the South High School for two and a half hours of volleyball play sponsored by the Torrance Recreation Department.

The activity takes place from 7 to 9:30 p.m. under the supervision of Barbara Goemer, recreation leader-in-charge, who reports that the games are enthusiastically supported, with attendance growing every week. Participation is free.

For Extra Summer Energy:

Graham Stuffed Ham Slices



Perk up summer appetites with new ideas to give your family that extra energy needed for healthy outdoor activities. One that's perfect for nourishment and taste appeal is "Graham Stuffed Ham Slices." Healthy graham cracker crumbs are combined with currants, orange juice, ginger and onion to make a delicious stuffing for wholesome ham slices. Serve with fresh vegetables, such as green beans. Here's the easy recipe:

Graham Stuffed Ham Slices
 1½ cups Sunshine Graham Cracker Crumbs, 13¾-oz. bag
 1 teaspoon ground ginger
 1 tablespoon instant onion flakes
 ¼ cup dried currants or raisins
 1½ cups orange juice
 2 center cut ham slices, each about ½ inch thick

Blend cracker crumbs with ginger, onion flakes, currants or raisins and 1 cup orange juice. Make slashes in fat around ham slices, about 1 inch apart. Place 1 slice in shallow baking pan; cover with most of crumb mixture, saving about ¼ cup. Top with second slice. Pour remaining ½ cup orange juice over top. Bake uncovered in slow oven (325°F) about 40 minutes, basting occasionally with pan juices. Spread top slice with remaining crumb mixture, baste with pan juices and bake about 20 minutes longer. Remove to heated platter. Yield: 4 large servings.

Calorie-Shy Thirst-Aid



If you're counting calories, as so many people are these days, be on guard against hidden calories in hot weather thirst-quenchers. Ordinary sweetening in many summer beverages can send the calorie count soaring. It's easy to whittle unnecessary calories from your favorite drinks by replacing the sugar normally required with the calorie-free sweetener, Sucaryl. In this delightfully refreshing Three Fruit Punch (pineapple, orange and lemon), calories have been pared down from 110 to just 45 calories for each 8-ounce serving. Note, too, that there are no clouds in your sparkling punch when you make the tea this cold water way.

Three Fruit Punch (Low-Calorie)
 ¾ cup tea leaves
 3 cups cold water
 2½ cups unsweetened pineapple juice
 2 cups orange juice
 ½ cup lemon juice
 2 tablespoons Sucaryl solution
 1 quart Sucaryl-sweetened non-caloric gingerale

Combine tea leaves and cold water; refrigerate overnight; strain. Add juices and Sucaryl. Just before serving, add gingerale. Pour over ice in tall glasses. Garnish, if desired, with orange slices, maraschino cherries and mint.
 Makes 3 quarts or 12 servings. Each serving contains 45 CALORIES; 0.5 gram protein; trace of fat; 12 grams carbohydrate. If made with sugar, each serving would contain 110 CALORIES.

Young America Bakes—

Saffron Bread



SAFFRON BREAD served with pretty Strawberry Bush is a delightful summertime treat.

Unusual And Delicious!

Creativity in cooking often lies in new ways of serving, as well as in the use of a new ingredient or recipe. Young cooks can try out both methods by baking an unusual and delicious Saffron Bread, served along with a pretty Strawberry Bush — a luscious centerpiece!

STRAWBERRY BUSH
 Wash large strawberries; leave hulls. Insert one end of toothpick into each berry through hull; insert other end of toothpick into large lemon or orange set in a small mug or glass. Cover lemon with berries and insert sprigs of mint between berries.

(Use pineapple chunks or melon chunks, if desired.)

SAFFRON BREAD
 Makes 1 large loaf
 ½ cup milk
 ½ cup sugar
 ½ teaspoon salt
 ¼ cup (½ stick) Fleischmann's Margarine
 ½ cup warm water (105°-115°F.)
 2 packages or cakes Fleischmann's Yeast, active dry or compressed
 ¾ teaspoon saffron powder (or ½ teaspoon whole saffron dissolved in 1 tablespoon hot water)
 1 egg
 3¼ cups unsifted flour (about)
 ½ cup raisins or currants
 ¼ cup diced candied mixed fruit

Scald milk; stir in sugar, salt and Fleischmann's Margarine. Cool to lukewarm. Measure warm water into large warm bowl. Sprinkle with Fleischmann's Yeast; stir until dissolved. Stir in lukewarm milk mixture, saffron, egg, and 1½ cups flour. Beat until smooth. Blend in raisins, candied mixed fruit and enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour. Punch dough down, let rise 30 minutes. Punch down again and turn out onto lightly floured board; shape into a loaf and place in greased 9½ x 5½ x 3-inch loaf pan. Cover; let rise in warm place, free from draft, until doubled in bulk, about 30 minutes. Bake in moderate oven (375°F.) 40 minutes, or until done.

Patio Parties Call For Bowl of Punch

By BEA WEBB
 Southern Calif. Gas Co.
 Home Economist
PARTY PUNCHES

Quantity recipes for punches are always in demand, whether they are for an afternoon tea, children's



BEA WEBB

party or wedding reception. Be sure to have the ingredients for the punch well chilled, and after adding the carbonated mixture the punch should only be stirred gently. Vigorous stirring will cause the punch to lose its effervescence.

When making a party punch think of attractive garnishes such as lemon slices with notched edges, whole strawberries or decoratively shaped ice such as made automatically by the modern gas refrigerator. Perhaps a ring mold form can be used to form a large ice cube, using tinted water to harmonize with the

punch. Fruit can be frozen in the ice mold to form a design. Do this by freezing a thin layer of water; adding the fruit, more water and freezing until solid; finally fill the mold with additional water and freeze solid before using in the punch.

Be sure to file these recipes where they will be quite handy for use at various occasions.

PARTY FRUIT PUNCH
 4 6-oz. cans frozen concentrate for lemonade
 2 12-oz. cans or bottles loganberry or boysenberry juice
 2 28-oz. bottles gingerale
 1 28-oz. bottle sparkling water
 Combine lemonade and mix well. Just before serving pour lemonade and fruit juice over mixture over ice in punch bowl. Add gingerale and sparkling water and stir gently. Makes 32 (4 oz.) servings.

CHAMPAGNE FRUIT PUNCH
 2 bottles California champagne
 1 bottle Sauterne
 1½ qts. ice water
 3 cups sugar
 2 cups lemon juice
 4 cups canned pineapple cubes
 1 qt. strawberries, fresh or frozen
 Chill wines thoroughly. Place block of ice in punch bowl, then add pre-chilled Sauterne and ice water. Dissolve sugar in lemon juice; add pineapple cubes, and pour into punch bowl. Just before serving, add pre-chilled champagne and strawberries. Makes 35 (4 oz.) servings.

PINK WEDDING PUNCH
 4 6-oz. cans frozen concentrate for lemonade
 4 cansful water (fill each lemonade can once)
 1 qt. fresh strawberries, cleaned cut and sugared (to taste) or use frozen strawberries
 2 28-oz. bottles sparkling water
 2 4/5 quart bottles dry champagne or sparkling burgandy ice cubes
 Mix lemonade with water; add strawberries; keep well chilled. When ready to serve, add sparkling water and pour over ice cubes in large punch bowl. Pour well chilled champagne as evenly as possible over the punch and stir it gently through the punch. Makes 40 (4-oz.) servings.

Nutritionists Define Food Fad Confusion

The question of what is a "health" food and how important is it to eat so-called health foods pops up as regularly as hardy perennial plants. One person tells you this, another that, and who can you believe? The answer of course is to find out what the experts say, in this case, the recognized authorities in the fields of health and nutrition.

Health and nutrition experts will tell you that all foods are nutritious. The word "food" means something to nourish the body. But what may confuse you

is that they also tell you that some meals are better nutritionally than others. This is due to a simple, easy to understand fact, namely, that every food differs from every other and therefore makes a different nutritional contribution to a meal. A well balanced meal, therefore, has to combine many different kinds of food.

Science divides foods into groups according to what they do for the body which simplifies the whole problem. There are protein foods which build and repair the body; they are meat,

fish and many dairy products. There are carbohydrate and fat containing foods which supply energy to keep us going; they are breadstuffs, pasta of all kinds, rice, potatoes, most desserts and also butter, margarine, other fats and the salad oils.

Finally there are foods containing the minerals required for strong bones and good red blood, along with vitamin foods, are essential for our general good health; they are vegetables and fruits. But at the same time there is considerable over-

lapping because many foods classed in one group also have many other nutrients, too. Milk is a good example.

The trouble with fad diets, food fads and so-called "health" foods is that they don't provide the well balanced meals that result from combining the several different foods necessary to insure a healthful diet.

A meal which will give you the different nutrients that comprise a healthful balance, and can be purchased at the food market you are patronizing might include: Tomato juice, celery, olives, carrot sticks, barbecued chicken, corn-on-the-cob, tossed salad, rolls, butter or margarine and fruit pie.



WELL-BALANCED MEAL which contains the different foods that supply the many nutrients needed for health includes: barbecued chicken, corn-on-the-cob and a tossed salad. No need to go to a

special health food store to buy any of these health-giving foods. Make your own barbecue sauce or buy a bottled sauce if you are keeping an eye on the clock.